



# Coping Skills Bingo Call Sheet

This is a randomized list of all 55 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Garden	Dance	Watch something in Nature	Yoga	Meditate
Card Game	Cook a Meal	Gratitude List	Play a Sport	Sit in the Sun
Take a hot shower or relaxing Bath	Humor	Stretch	Do a Puzzle	Weight Lift
Forgive	Bake	Do a WordFind/crossword	Punch a pillow	Think Positively
Call a Friend	Watch a Comedy	Sit Outside	Visit an Animal Shelter	Count Backwards from 500
Play an instrument	Swim	Take a Drive	Squeeze a Stress Ball	Savor Hot Tea/Coffee or chocolate



# Coping Skills Bingo Call Sheet

This continues the randomized list of all 55 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Rip paper into peices	Listen to a Fun song	Throw a Foam Ball	Deep Breathing	Exercise
Spirituality	Paint your Nails	Organize	Paint	Draw
Help the Elderly	Volunteer	Go to the PARK	Pet your animal	Play with a Hacky Sack
Take a Walk	Go fishing	Journal	Sing	Listen to Music
Board Games	Give a Compliment	Write a letter	Make Jewelry	Read a Good Book